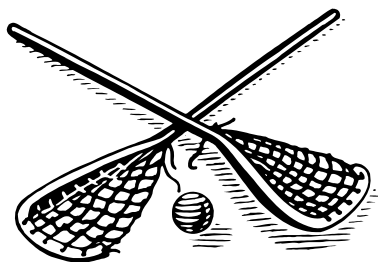


2014 SPRING *Boys & Girls* YOUTH LACROSSE

LEAGUE INFORMATION



REGISTER AT:

www.sandy.utah.gov/registration
or at Sandy Parks & Recreation
440 East 8680 South
Weekdays: 8 am - 6 pm
P: 801.568.2900 F: 801.561.6733

- The season begins Saturday, April 5, 2014. The registration fee includes an 8 game season (weather permitting), reversible jersey, award, and pictures.
- Players must participate in their age appropriate grade.
- Must be 5 years old by September 1, 2013.
- Games played on weeknights begin at 5:30 pm and on Saturdays between 8 am - 5 pm.
- Clinic to be held Friday, April 4, 2014 at Lone Peak park, 10140 S. 700 E. between 6 - 8 pm.
- No games over spring recess (April 16 - 19) or Memorial weekend.
- \$4.00 discount for additional family members in the same sport. Discounts not available online.
- If participant withdraws from the program \$15.00 of the program fee is non-refundable.
- No refunds after first scheduled game.
- Players wishing to play together can register as a team. Team packets are available at Sandy Recreation. Team rosters are also available online. Coaches will need to submit a team roster.
- Teams can register online and do not need a team packet. If registering online, please note the Coach's name and/or other players on the team.
- Locations may be changed or combined based on enrollment.

PROGRAM INFORMATION

1ST & 2ND Grade:

This program was developed to teach proper lacrosse skills for beginners. Teams play with 6 players, with no goalie. Games will consist of two 20-minute running-time halves or four 10-minute quarters (Coaches decision), with a 5 minute half. Game balls will be regulation sized, but softer. **Mouth guard and protective eyewear (goggles) are required!** Body checking and stick checking are strictly prohibited. One coach per team is allowed on the field to instruct players on positional play. No score is kept. Maximum 12 players on roster.

6 on 6 Coed

3RD - 6TH Grade: Chumash - 3 on 3 Single Gender

This program uses a modified lacrosse game (Chumash), with no goalie, a small net, and a reduced size field. Chumash is an exciting, fast paced game of accuracy and skill. The program was developed to encourage quality stick skills, accurate shooting, and dynamic small group play. Great way for new and experienced players to continue to work on the fundamental skills necessary. Games will consist of two 20-minute running time halves, with a 5 minute half. Teams play with 3 players. Maximum 9 players on roster.

Download Rules at: www.sandy.utah.gov/forms

RECREATION LACROSSE		FEES/DATES			
LEAGUES		EARLY REGISTRATION FEB 3-MAR 6	REGULAR REGISTRATION MAR 7-MAR 13	AFTER MAR 14 LATE REGISTRATION (upon availability)	EQUIPMENT RENTAL DEPOSIT
1 st - 2 nd Grade	Wednesdays @ Wildflower or Saturdays @ Lone Peak	\$45.00	\$50.00	\$55.00	\$50.00
3 rd - 4 th Grade	Wednesdays @ Wildflower or Saturdays @ Lone Peak	\$50.00	\$55.00	\$60.00	\$50.00
5 th - 6 th Grade	Tuesdays @ Wildflower or Saturdays @ Lone Peak	\$50.00	\$55.00	\$60.00	\$50.00

Required Equipment for Boys 3rd - 6th Grade: Stick (provided to use), helmet, gloves, shoulder pads, elbow pads, mouth guard, protective cup, cleats (recommended).

Required Equipment for Girls 3rd - 6th Grade: Stick (provided to use), mouth guard, eyewear - goggles, gloves (optional), cleats (recommended).

Equipment Note: Coaches will be given a stick for each player to be used during the season and must be returned. Players will need to purchase their own equipment other than the stick. If a personal stick is used it cannot exceed the maximum length of 42 inches. Equipment may be rented through Sandy Recreation with the option to buy at the end of the season. See registration form for details.

For players & parents



EQUIPMENT PICK-UP : Sandy Parks & Recreation - 440 E. 8680 S.
Thursday, March 27, 2014 - 9 am to 8 pm
RETURN EQUIPMENT BY: Thursday, June 19, 2014

***Please see reverse side for other Programs & Camps ***

LACROSSE



SANDY PARKS & RECREATION

440 East 8680 South - Sandy, Utah 84070

Office Hours: 8 am to 6 pm - Monday through Friday

Phone: 801-568-2900 Fax: 801-561-6733

Online registration: www.sandy.utah.gov/registration (available for most sports & programs)

PDF Registration forms online: www.sandy.utah.gov/forms

YOUTH FISHING CLASS

Learn the basics of reel and/or fly fishing! Each week participants learn a new aspect of fishing such as casting, safety, knots, equipment and more. Participants spend the first 30 minutes of each class learning about fish, where they live, and how to catch them. Then, adult volunteers help the kids use their new skills to catch fish. Class size is limited, and is for kids 6 to 13 years of age (those 12 years old or older must have a license to fish in Utah). All classes are located at Grandpa's Pond - 900 W. Shields Lane (10000 S.)



Registration Begins: Monday, February 3, 2014

Class Dates: Wednesday, April 23, 30, May 7, 14, 21, 28, 2014

Class Times: 6:00 - 7:30 pm

Cost: \$15 (resident) \$20 (non-resident)

Equipment Needed: A small tackle box and Tee shirt will be given to each participant with sinkers, lures, hooks, etc. We will also have bait available each week (worms and power bait). Please bring your own fishing pole. If you do not have a pole, one will be provided.

2014 RACE SERIES

New this year our 2014 Race Series includes discounts for those participating in all four races. Must register for all four races by May 3, 2014 to receive the \$5 discounted price per race (see race fees below).

Registration Fees:

Race Series	Race Series
Individual	Family*
\$15 per race	\$12 per person per race



Race

6th Annual Fiesta 5K & 1 Mile Run
Sandy Classic 4th of July 5K & 1 Mile Run
Midnight Moon 5K & 1 Mile Run
Turkey Trot 5K & 1 Mile Run

Date

May 3, 2014
July 4, 2014
August 8, 2014
November 1, 2014

Age Divisions: 5 & Under, 6-9, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & up

Online registration at: www.sandy.utah.gov/registration

Single race registration is available also.

Please no dogs.

*immediate family of 3 or more same household

RIVER OAKS TEACHING ACADEMY

After School Junior Golf Class

Students will learn putting, chipping, pitching, and the full swing. We will play games, learn key exercises and drills. Student will receive 1 hour of golf instruction per class. Please register at River Oaks Driving Range.

Cost: \$125 for 7 class punch card
\$200 for 14 class punch card

Dates: April 7 through May 21, 2014

Days: Mondays & Wednesdays

Time: 4:30 to 5:30 pm

Location: River Oaks Driving Range - 891 W. 9000 S. West Jordan

For more information, call 801-568-4653
Watch for summer camps & summer junior leagues.



START SMART CLASSES

Must be three or older by first day of class! Start Smart is a great program for parents to spend time with their children and help prepare them for future participation in youth sports. With the help from an instructor, parents teach their children in a safe, noncompetitive atmosphere to help build confidence and most importantly have FUN! Registration includes t-shirt, award, and equipment usage. **Registration ongoing or until classes fill.** All classes are held at: **Sandy Parks & Recreation Gym. (440 E. 8680 S.)**

Cost of each session: \$30

Ages: 3-5 years old

The **Multi Sport Development Program** focuses on general skills including dribbling, throwing, catching, kicking, and batting.

Session 1: April 8, 15, 22, 29, May 6, 13

Day: Tuesday **Time:** 5:30 - 6:15 pm

Session 2: April 9, 16, 23, 30, May 7, 14

Day: Wednesday **Time:** 6:30 - 7:15 pm

Session 3: May 20, 27, June 3, 10, 17, 24

Day: Tuesday **Time:** 5:30 - 6:15 pm

Session 4: May 20, 27, June 3, 10, 17, 24

Day: Tuesday **Time:** 6:30 - 7:15 pm

Session 5: May 21, 28, June 4, 11, 18, 25

Day: Wednesday **Time:** 5:30 - 6:15 pm

Session 6: July 8, 15, 22, 29, Aug 5, 12

Day: Tuesday **Time:** 5:30 - 6:15 pm

Session 7: July 8, 15, 22, 29, Aug 5, 12

Day: Tuesday **Time:** 6:30 - 7:15 pm

Session 8: July 9, 16, 23, 30, Aug 6, 20

Day: Wednesday **Time:** 5:30 - 6:15 pm

Session 9: Aug 26, Sept 2, 9, 16, 23, 30

Day: Tuesday **Time:** 5:30 - 6:15 pm

Session 10: Aug 27, Sept 3, 10, 17, 24, Oct 1

Day: Wednesday **Time:** 5:30 - 6:15 pm

The **Soccer Program** teaches the basics soccer including kicking, dribbling, trapping, throw-ins, and agility.

Session 1: April 8, 15, 22, 29, May 6, 13

Day: Tuesday **Time:** 6:30 - 7:15 pm

Session 2: April 9, 16, 23, 30, May 7, 14

Day: Wednesday **Time:** 5:30 - 6:15 pm

Session 3: May 21, 28, June 4, 11, 18, 25

Day: Wednesday **Time:** 6:30 - 7:15 pm

Session 4: July 9, 16, 23, 30, Aug 6, 20

Day: Wednesday **Time:** 6:30 - 7:15 pm

Session 5: Aug 26, Sept 2, 9, 16, 23, 30

Day: Tuesday **Time:** 6:30 - 7:15 pm

Session 6: Aug 27, Sept 3, 10, 17, 24, Oct 1

Day: Wednesday **Time:** 6:30 - 7:15 pm

ALTA CANYON SPORTS CENTER



Children & teens are invited to participate in a variety of programs designed to be fun. Registration begins Thursday, March 13, 2014 at 7:00 am at the Alta Canyon Sports Center for the following activities:

Summer Camp	Ages 5 - 10	\$100 registration fee per child, plus monthly fee.
Rebel Camp	Ages 11 - 15	\$100 registration fee per child, plus monthly fee.
Kinder Camp	Age 3 - 5	Sessions Monday - Thurs ay for 2 weeks

Registration starting April 1, 2014 at 7:00 am for the following:

Spring Tennis	Ages 6 & up	Sessions Monday - Thurs day for 2 weeks
Lifeguard	Ages: 15+	\$175 class fee
Swim Instructor	Ages: 16+	\$175 class fee

Visit www.altacanyonsportscenter.com or call 801-568-4600 for more information.

Please see reverse side for Lacrosse information